

# Self Confidence

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## What Makes a Self-Confident Person?



Behavior

Body language


How you speak

## What is Self Confidence?

- Pride in your work and accomplishments
  - When we see ourselves mastering skills and achieving goals
  - Assurance that if you work hard, you will succeed
- Self-Esteem
  - Pride and respect for yourself
  - Knowing that you deserve to be happy

## High vs. Low Self Confidence

Self-Confident	Low Self-Confidence
Doing what you believe to be right, even if others mock or criticize you for it.	Basing your behavior based on what other people think.
Being willing to take risks and work extra hard to achieve things.	Staying in your comfort zone, fearing failure and so avoid taking risks.
Admitting your mistakes, and learning from them.	Working hard to cover up mistakes and hoping that you can fix the problem before anyone notices.
Waiting for others to congratulate you on your accomplishments.	Emphasizing your own virtues as often as possible to as many people as possible.
Accepting compliments graciously. "Thanks, I really worked hard on that paper. I'm pleased you recognize my efforts."	Dismissing compliments casually. "Oh that paper was nothing really, anyone could have done it."



Student Leader

College Student

knows many languages

great cook

CEO

music lover

artist

good sense of humor

Challenged yourself in \_\_\_\_

Great exam score

Great friend

### Step 1

Reflect

## Make a list of all your accomplishments and strengths

- Include the small things
- Think beyond school and work
- What advantages do you have that others don't?
- What do you do better than anyone else?
- What do other people see as your strengths?
- Which of your achievements are you most proud of?
- What values do you believe in that set you apart?

## Identify External Causes

- Focusing too much on others' unrealistic expectations or standards
- Comparing yourself to others
- Friends' attitudes
- Parents' attitudes
- Societal pressures

## Identify Internal Insecurities/Weaknesses

- What are the things that keep you from feeling confident in your abilities?
- Lack of preparation?
- What tasks do you usually avoid because you don't feel confident doing them?
- Are you confident in your education and skills training? If not, where are you weakest?
- What are your negative work habits (late, disorganized, do you have a short temper, poor at handling stress)?
- Do you have personality traits that hold you back? For example, a fear of public speaking.

## Personal SWOT Analysis

<b>Strengths</b> <ul style="list-style-type: none"> <li>• Great writer</li> </ul>	<b>Weaknesses</b> <ul style="list-style-type: none"> <li>• Fear of public speaking</li> </ul>
<b>Opportunities</b> <ul style="list-style-type: none"> <li>• Upcoming networking event</li> </ul>	<b>Threats</b> <ul style="list-style-type: none"> <li>• Perfectionism</li> </ul>

Your Turn!



*"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy."*  
Dale Carnegie

### Step 2

Take Action

## Strategies for Building Confidence

- Take Risks
  - Approach new experiences as opportunities to learn rather than win or lose situations
  - when you take action you build confidence in your ability to handle different situations
- Set small goals and achieve them
  - Set goals that highlight your strengths, minimize your weaknesses, realize your opportunities, and control the threats you face

## Manage your Thoughts

- Positive thinking
- Recognize when you're being negative
- Look at yourself in the mirror and smile
  - "facial feedback theory" suggests that the expressions on your face encourage your brain to register certain emotions.

## Surround yourself with positivity

- Positive Music
  - Fun Examples
    - "Firework" - Katy Perry
    - "Who Says" - Selena Gomez
    - "Beautiful Day" - U2
    - "Video" - India Arie
    - "Born This Way" - Lady Gaga
    - "The Middle" - Jimmy Eat World
- Positive People
  - Positivity breeds positivity

## Positive Affirmations

- "I love and respect myself at all times."
- "There are no failures. I learn from everything I do."
- "It is enough to do my best"
- "My thoughts and opinions are valuable"
- "My mistakes do not define who I am"

## Everyday Confidence

- Dress to Impress
  - Our confidence level often reflects our appearance
- Maintain good posture
- Sit in the front row
- Look others in the eye when talking to them and SPEAK UP!
- Compliment others
  - By looking for the best in others, you'll bring out the best in yourself
- Focus on contribution

## Questions?

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